

Figure S1. A representative 600 MHz ¹H-NMR spectrum (δ 0.5–5.0 and δ 5.0–9.5) of milk from the HS period and TN period. The region of δ 5.3–9.5 (in the dashed box) was magnified 32 times compared with the corresponding region of δ 0.5–5.3 for the purpose of clarity. A = Heat Stress group; B = thermal neutral group. 1-MH: 1-Methylhistidine; 3-HB: 3-Hydroxybutyrate; Crea: creatine; Glu: glutamate; GPC: glycerophosphorylcholine; Ile: isoleucine; L1 and L3 lipid: LDL; L2, L4, and L5 lipid: VLDL; L6 lipid: $-\text{CH}_2-\text{CH}=\text{CH}-$; L7 lipid: $-\text{CH}_2-\text{CH}=\text{CH}-$; L8 lipid: $-\text{CH}_2-\text{C}=\text{O}$; L9 lipid: $=\text{CH}-\text{CH}_2-\text{CH}=\text{CH}-$; Leu: leucine; Lys: lysine; NAG: N-acetyl glycoprotein; PC: phosphocholine; Phe: phenylalanine; Val: valine.

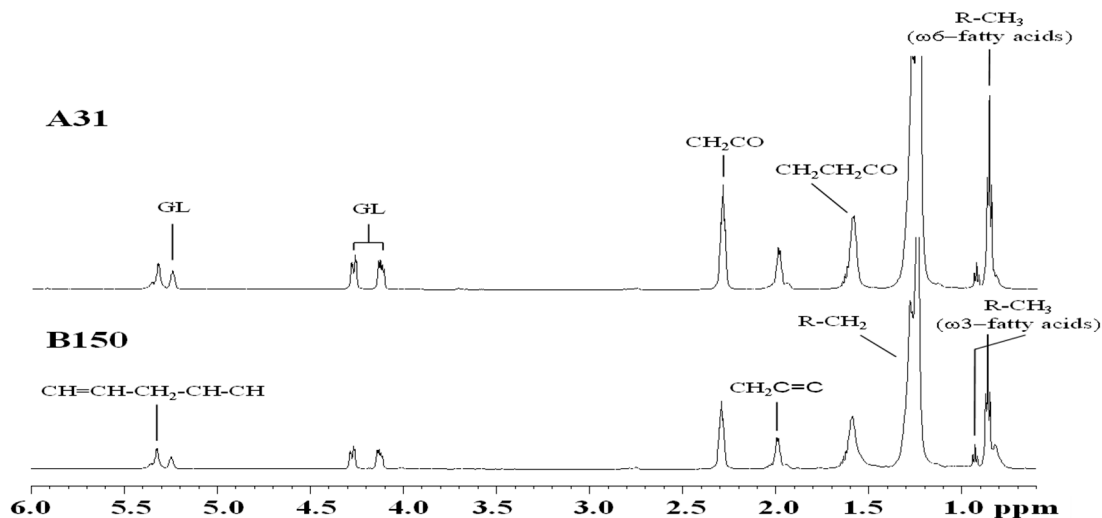


Figure S2. 600 MHz ¹H NMR spectra (δ 0.5–6.0) of lipid phase of milk extracts from groups A318 and B150. A = Heat Stress group; B = thermal neutral group. GL: Glycerol of lipid.

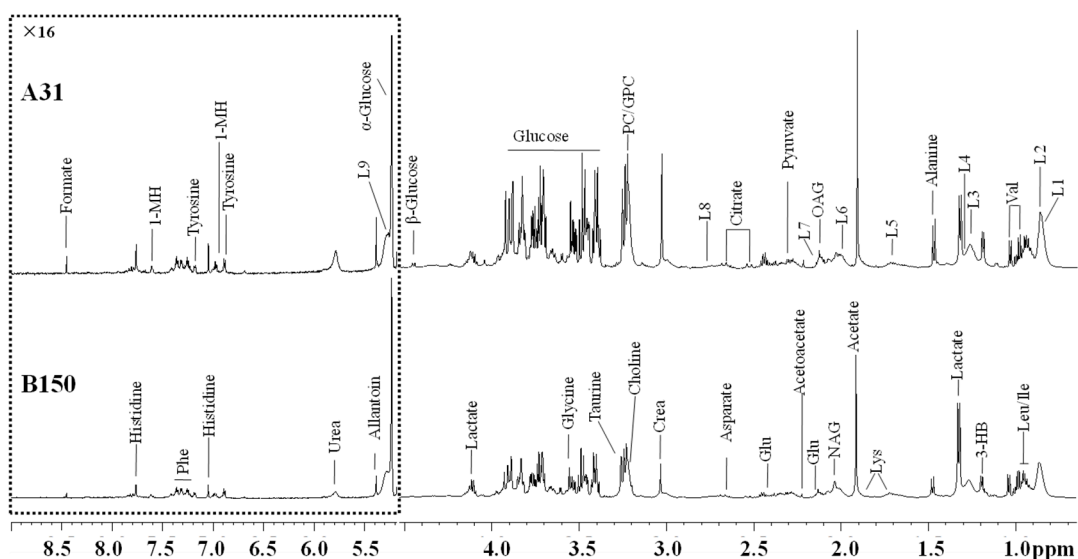


Figure S3. A representative 600 MHz ^1H NMR spectrum ($\delta 0.5\text{--}5.5$ and $\delta 5.5\text{--}9.0$) of plasma from the HS period and TN period. The region of $\delta 5.2\text{--}9.0$ (in the dashed box) was magnified 16 times compared with the corresponding region of $\delta 0.5\text{--}4.6$ for the purpose of clarity. A = Heat Stress group; B = Thermal neutral group. 3-HB: 3-Hydroxybutyrate; GPC: glycerophosphorylcholine; Ile: isoleucine; Leu: leucine; MP: methyl phosphate; NAG: N-acetyl glycoprotein; OAG: O-acetyl glycoprotein; PC: phosphorylcholine; TMAO: trimethylamine N-oxide; Val: valine.

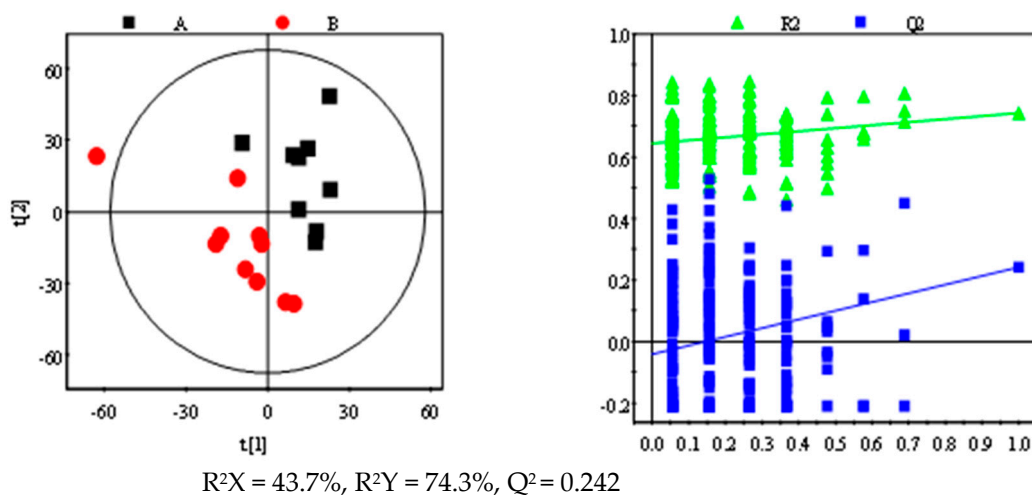
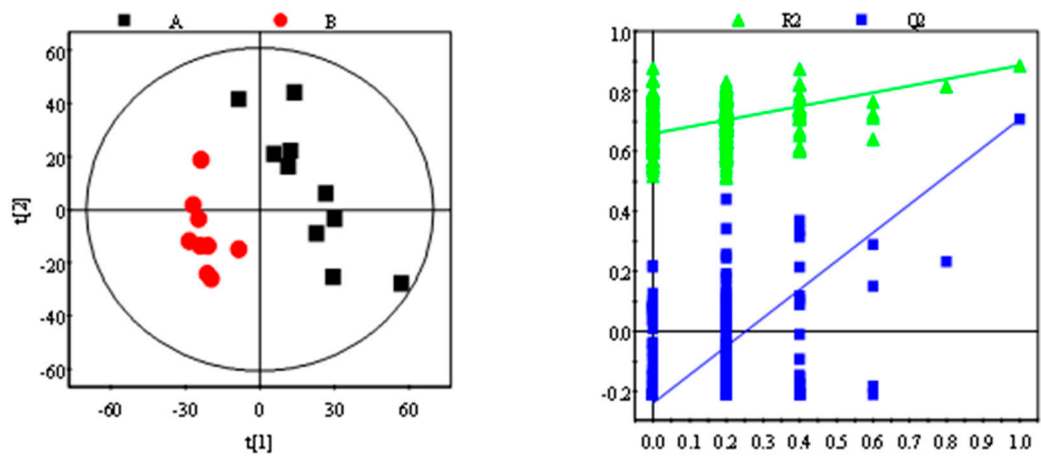


Figure S4. Partial least squares discrimination analysis (PLS-DA) score plots (left panel) derived from ^1H NMR spectra of the aqueous phase of milk extracts. A = Heat Stress group; B = Thermal neutral group.



$R^2X = 34.6\%$, $R^2Y = 90.8\%$, $Q^2 = 0.641$

Figure S5. Partial least squares discrimination analysis PLS-DA score plots (left panel) derived from ^1H NMR spectra of serum obtained from different groups and cross validation (left panel) by permutation test ($n = 300$). A = Heat Stress group; B = thermal neutral group.